



The Importance of Learning and Development

With so many fantastic education and training opportunities coming up over the next few months, the focus of this E-News is on learning and development - and practical ways activity providers can grow their knowledge and skills. Below are **three key reasons** why regular professional development is a great investment:



Stay up-to-date with research

The exercise and fitness industry is constantly evolving. Each year a number of different trends emerge, and new research is published. As a result, what was considered to be the most effective way of training or delivering exercise can quickly change. Staying up-to-date with the latest findings and learning how to apply this information will help ensure you are delivering activities that are evidence based, and best practice.

Develop personal as well as technical skills

It's not just your technical skills that get a refresh from doing professional development. Your personal skills also benefit. From planning through to communication, you'll come away with a raft of new interpersonal and behavioural ("soft") skills that will help you work better with other people.

Grow in confidence

Another bonus of attending in-person upskilling events is the opportunity to meet like-minded activity providers who are just as passionate about group exercise and community-based activities as you are! It's a great way to increase your self-assurance, because you'll be more confident in your ability to deliver safe, effective and fun sessions.



Aside from courses and qualifications, what are some of the other ways you can enhance your learning?

1. Attend classes or sessions led by other group exercise trainers or instructors to find out what they do and how they do it. We all have our unique ways of running a class or delivering a session so there is plenty to learn from each other.
2. Visit group fitness classes delivered by large gyms and niche providers to learn about what is going on in the industry in terms of the latest trends and what is popular. There are new classes and movements popping up all the time and they all tend to have introductory offers.
3. Get a mentor! Approach someone in the industry or in an area you are interested in and take them out for coffee.
4. Spend time each week reading research articles, health and fitness magazines, and articles written by reputable practitioners and trainers.

[Unfortunately, Internet-based educational materials are often contradictory to national physical activity guidelines](#) and foster confusion or misinformation so check the source first.

Professional development supports mental health

According to the Australian Institute of Fitness, continually learning and developing your skills is a way to **practice self-health**. They say, "In a role where you give a lot to other people, it's very **important to take time out for yourself to avoid burnout**. Maintain your interest and enthusiasm by feeding your own quest for knowledge, attending courses and practicing new exercises and drills in your own training regime..."



[Education, Training and Development](#)

The Active Canterbury website is a great place to go to find out about upcoming education and training opportunities. Click on the link above to view resources and see what's coming up over the next few months.

[Share & Show Session: All Things Balance](#)

Date: Saturday 8th May 2021.

Time: 10am to noon.

Venue: Neighbourhood Trust (64 McFaddens Road, St Albans).

Cost: FREE.

This 2-hour session is a collaborative training event between the Community Group Strength and Balance team at Sport Canterbury and Active Canterbury. The theme is "All things balance" so expect a host of practical balance drills – both static and dynamic – that you can incorporate into your older adult classes and senior activities.

BE QUICK! Registrations close on Wednesday 5th May.

[Community Exercise Foundation Course](#)

Date: Saturday 22nd May 2021.

Time: 9am to 4pm.

Venue: Matuku Takotako: Sumner Centre (14-16 Wakefield Avenue, Sumner).

Cost: \$30 per person or \$50 for 2 people from the same organisation.

This one-day workshop is suitable for:

- Inexperienced instructors in a community or church setting who want to develop more confidence;
- Current activity providers or exercise professionals who want to upskill in the area of community-based group exercise delivery;
- Volunteers who lead or assist with the delivery of classes in age care facilities or for organisations that provide exercise classes for seniors; or
- Anyone interested in becoming a group exercise leader.

No previous exercise or instruction experience is required – just a passion for connecting with people in their communities and delivering safe and suitable classes and activities. **Registrations close on Friday 14th May.**

[Pelvic Floor Practical Session](#)

Date: Saturday 12th June 2021.

Time: 10am to noon.

Venue: Neighbourhood Trust (64 McFaddens Road, St Albans).

Cost: \$25 per person.

CPDs: Attendance is worth 1 CPD.

This practical 2-hour training session is an opportunity for activity providers and exercise professionals to grow their knowledge and **learn how to prescribe pelvic floor safe exercises**. You'll also learn about which exercises to avoid. Presenters

Lynne Allen and Ange Oliver specialise in working with women of all ages and love talking about the pelvic floor! You will leave with lots of practical ideas and exercises to use with your classes, groups and clients. **Registrations close on Friday 4th June.**

Winter Activity Provider Workshop

Date: Saturday 26th June 2021.

Time: 12.30 to 4.30pm.

Venue: Pioneer Recreation & Sport Centre (75 Lyttelton Street).

Cost: FREE.

CPDs: 2.5 CPDs if you attend the entire workshop.

The key focus of this workshop will be on what it takes to **meaningfully connect and engage with the people we work with, regardless of their age, ethnicity or lifestyle**. Owner of Embrace Tinana, and winner of the prestigious PT of the Year award from Exercise NZ in 2019 Jessee James will share her insights, learnings and vast experience. The workshop will also cover:

- **Osteoarthritis Update:** What do Activity Providers need to know about the current and research backed thinking around managing this common long-term condition?
- **Key Nutritional Messages for Older Adults:** What particular nutritional requirements do older adults need and what answers can you confidently give to their most common questions around food and drink choices.

Registrations close on Friday 18th June – be quick as places are limited.



[Exercise as Medicine NZ \(EAM\) has online courses for exercise professionals](#) that are accessible and great value! The courses are designed for providers and practitioners wanting to upskill around long-term conditions and exercise. Current courses include:

- Respiratory Conditions *NEW*;
- Joints and Bones;
- Prostate Cancer and Exercise;
- Kidney Disease;
- Parkinson's Pro; and
- Obesity and Diabetes.

Level 1 courses take 3 to 5 hours to complete and 5 to 8 hours for Level 2 courses.

[The Personal Training Council \(PTC\)](#) [Mentoring service](#) is all about connecting mentors with personal trainers and who are looking for knowledge or support with their Personal Training business. Check out the video to find out how it works.



Festival a springboard to being more active

The Walking Festival has been in full swing over the past 2 weeks. It's been great to see so many people taking up the opportunity to explore our beautiful region on foot.

Following the Festival, we will be promoting a range of messages to encourage festival goers to **keep walking** by joining a group, forming a group or tapping into the many excellent walking resources available.

[Keep an eye on the Walking Festival Facebook page](#) for these messages – **we would love your help to spread the word!**



Online training videos make it easy to upskill

COVID-19 has highlighted the importance of providing online education and training options.

[A new Training Videos page](#) was added to the Active Canterbury website in late 2020 in response. The aim is to make it easier for activity providers to upskill or revisit material covered at our workshops and training courses. There are currently 5 videos available: Back Pain and Exercise; Drumming Good Fun; Break Out The Bands; Respiratory Conditions and Exercise; and Pelvic Floor Dysfunction.

New videos are added regularly.



[Small Steps is a new online platform](#) where you can go to find digital wellbeing tools. The platform was developed by [Te Hiringa Hauora](#) in partnership with [Clearhead](#) and can be viewed in English and Te Reo.

The site is a great place to go to find resources to help maintain wellness, or get help for yourself, friends or whānau.

On the site you'll find information about **managing stress, calming your mind and lifting your mood**. The Small Steps team intend to keep improving the platform as well as adding new tools so keep checking in.



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We welcome your feedback and comments.